



Spring Valley

Spring Valley REC Club Hours

School Year Hours:

Monday, Wednesday, Thursday, Friday
2:30pm - 6:30pm

Tuesday

1:00pm - 5:00pm

Free Teen Center Ages 10-17

838 Kempton Street

Spring Valley, CA 91977

Contact Information

For more information please contact the
Spring Valley REC Club at

(619) 667-6835

www.therecclub.org



The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

Weekly Activities Include:

- Arts and crafts
- Homework assistance
- Leadership groups
- Team building initiatives
- Dance, fitness, cooking
- Guitar and DJ classes
- Recording Studio
- Gardening